



# UCOOK

## Corn & Potato Fritters

with **coconut yoghurt & crunchy chickpeas**

Super tender corn and potato fritters are packed with loads of delicious ingredients including fragrant chives and sweet carrot. Served with a crispy chickpea & pickled onion salad, and a coconut yoghurt for a refreshing finish. This dish is a dinner dream come true!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Veggie

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 Strandveld | Pofadderbos Sauvignon Blanc

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## Ingredients & Prep

60g	Chickpeas <i>drained &amp; rinsed</i>
10ml	NOMU Oriental Rub
30ml	Sherry Vinegar
1	Onion <i>¼ peeled &amp; finely sliced</i>
200g	Potato <i>rinsed, peeled (optional) &amp; grated</i>
120g	Carrot <i>rinsed, trimmed &amp; grated</i>
3g	Fresh Chives <i>rinsed &amp; roughly chopped</i>
50g	Corn
100ml	Cake Flour
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>cut into wedges</i>
50ml	Coconut Yoghurt

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Tea Towel

**1. CHICK TO THE PEA!** Preheat the oven to 200°C. Spread out the drained chickpeas evenly on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy and caramel in colour, 15-20 minutes (shifting halfway).

**2. PICKLE ME UP** To a bowl, add 10ml of water, 5ml of sweetener, seasoning, and the sherry vinegar. Mix until the sweetener is fully dissolved. Add the sliced onion and toss until fully coated. Set aside to pickle.

**3. PREP STEP** Place the grated potato in a clean tea towel. Close up tightly and squeeze out as much liquid as possible from the potato. Discard the liquid and place the drained potato in a bowl. Add the grated carrot, ½ the chopped chives, the corn, the flour, the remaining rub, seasoning, and 50ml of water. Mix until fully combined and the flour has been fully absorbed. Add an extra splash of water if it's too thick.

**4. FRITTER FRENZY** Place a pan over medium-high heat with enough oil to cover the base. Once hot, scoop 2 tbsp of the fritter mixture into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between each fritter. You may need to do this step in batches. Fry until crispy and cooked through, 3-4 minutes per side. Remove from the pan and drain on paper towel.

**5. TOSS IT UP** Drain and reserve the pickling liquid from the onions. In a salad bowl, combine the rinsed green leaves, the drained pickled onions, the roasted chickpeas, a drizzle of oil, a squeeze of lemon juice (to taste), the reserved pickling liquid (to taste), and seasoning.

**6. LET'S EAT!** Pile up the fritters. Side with the chickpea salad. Sprinkle over the remaining chives. Dollop over the coconut yoghurt and serve with any remaining lemon wedges on the side. Great work, Chef!



## Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	438kJ
Energy	105kcal
Protein	3.3g
Carbs	20g
of which sugars	2.8g
Fibre	3g
Fat	0.9g
of which saturated	0.4g
Sodium	64mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook  
within 3  
Days